



# Ingredients

- 2 Cod Fillets
- 34 Cup Red Quinoa
- 3 Ounces Radishes
- 2 Ounces Spinach
- 1 Bunch Cilantro

## **Knick Knacks**

- 2 Tablespoons Sliced Almonds
- 2 Tablespoons Butter
- 1 Tablespoon Sherry Vinegar
- 1 Ounce Medjool Dates
- 1 Shallot

Makes 2 Servings

About 700 Calories Per Servi

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Prep Time: 10 min | Cook Time: 25 to 35 min



## Cook the quinoa:

Heat a medium pot of salted water to boiling on high. Once boiling, add the **quinoa**. Cook 16 to 18 minutes, or until tender. Drain thoroughly and set aside. Rinse and wipe out the pot.



## Prepare the ingredients:

While the quinoa cooks, wash and dry the fresh produce. Trim off and discard the root ends of the radishes; small dice. Roughly chop the spinach. Peel and mince the shallot; place in a bowl with the **vinegar**. Pit and finely chop the dates. Pick the cilantro leaves off the stems; discard the stems.



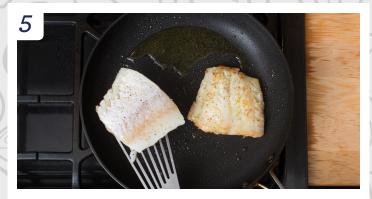
#### Start the salad:

In the pot used to cook the quinoa, heat the **butter** on mediumhigh until melted. Cook, stirring occasionally, 15 to 30 seconds, or until the butter foams. Once the foam subsides, continue cooking, stirring and swirling the pan occasionally, 2 to 3 minutes, or until deep golden brown and nuttily fragrant. (Be careful not to overcook, as the butter can burn easily.) Turn off the heat. Stir in the **radishes** and **almonds**; season with salt and pepper.



### Finish the salad:

To make the date vinaigrette, add the dates to the shallot-vinegar mixture; season with salt and pepper to taste. Slowly whisk in 2 tablespoons of olive oil until thoroughly combined. Add the cooked quinoa, spinach and half the date vinaigrette to the pot of browned butter, radishes and almonds; stir to combine and season with salt and pepper to taste.



## Cook the cod:

Pat the **cod fillets** dry with paper towels; season with salt and pepper on both sides. In a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned fillets. Cook 2 to 4 minutes per side, or until lightly browned and cooked through. Remove from heat.



## Finish & plate your dish:

Divide the **finished salad** and **cooked cod fillets** between 2 plates. Top with the **remaining date vinaigrette**. Garnish with the **cilantro**. Enjoy!